



Elementary Lunch Menu



Fresh Fruit & Vegetable Bar Served Daily!

Monday

Tuesday

Wednesday

Thursday

Friday

Join us Tuesday, May 5th for
Cinco de Mayo!!!



4- Hamburger
Chicken Teriyaki
Italian Chicken Salad
Green Peas
Fresh Fruit & Veggie Bar
Variety of Milk

5- Soft Beef Tacos
Cheesy Nachos
Chicken Taco Salad
Refried Beans
Fresh Fruit & Veggie Bar
Variety of Milk

6- Chicken Tenders
Chili con Carne
Deli Stacker Sandwich
Corn
Fresh Fruit & Veggie Bar
Variety of Milk

7- Breakfast for Lunch
Spaghetti w/Meat Sauce
Ham & Cheese Sandwich
Hash Brown Sticks
Fresh Fruit & Veggie Bar
Variety of Milk

1- Pepperoni Pizza
Open Faced Turkey Sandwich
Herb Grilled Chicken Salad
5 Way Mixed Veggies
Fresh Fruit & Veggie Bar
Variety of Milk

8- Cheese Pizza
Corn Dog
Chicken Salad Wrap
Fresh Broccoli
Fresh Fruit & Veggie Bar
Variety of Milk

Cinco de Mayo

11- Hot Dog
Turkey Melt Sandwich
Chicken Caesar Salad
5 Way Mixed Veggies
Fresh Fruit & Veggie Bar
Variety of Milk

12- Chicken Nuggets
Turkey & Noodles
Turkey & Cheese Croissant
Baked Beans
Fresh Fruit & Veggie Bar
Variety of Milk

13- Chicken Snowbowl
Cheeseburger
Southwest Chicken Salad
Crinkle Cut Carrots
Fresh Fruit & Veggie Bar
Variety of Milk

14- Mini Corn Dogs
Beef Dippers w/Rice
Ham & Cheese Sub
Tater Tots
Fresh Fruit & Veggie Bar
Variety of Milk

15- Pepperoni Pizza
Beef Nachos
Sun Butter & Jelly Sandwich
Green Beans
Fresh Fruit & Veggie Bar
Variety of Milk

18- Breaded Chicken Sandwich
Salisbury Steak
Crispy Chicken Ranch Wrap
Mashed Potatoes
Fresh Fruit & Veggie Bar
Variety of Milk

19- Orange Chicken
Baked Penne
Chef Salad
Fresh Broccoli
Fresh Fruit & Veggie Bar
Variety of Milk

20- Hamburger
Chicken Fajita Tacos
Caribbean Chicken Salad
Refried Beans
Fresh Fruit & Veggie Bar
Variety of Milk

21- Breakfast for Lunch
Grilled Ham & Cheese
Herb Grilled Chicken Salad
Hash Brown Sticks
Fresh Fruit & Veggie Bar
Variety of Milk

Last Day of School!!!

Enjoy your Summer!!!

Food Service Director: Emily Forté :: Email: Emily.Forte@sfellc.org :: Phone: (405) 265-1340

Elementary Menu Meal Prices

Paid Lunch \$2.25	Paid Breakfast \$1.10	
Reduced Lunch \$0.40	Reduced Breakfast \$0.30	
Staff/Adult Lunch \$3.25	Staff/Adult Breakfast \$1.75	Milk \$0.50

Daily Offerings

Reduced Fat Milk

The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal and, where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or if all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.asc.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov. Individuals who are deaf, hard of hearing, or have speech disabilities and wish to file either an EEO or program complaint please contact USDA through the Federal Relay Service at (800) 877-8339 or (800) 845-6136 (in Spanish). Persons with disabilities who wish to file a program complaint, please see information above on how to contact us by mail directly or by email. If you require alternative means of communication for program information (e.g., Braille, large print, audiotape, etc.) please contact USDA's TARGET Center at (202) 720-2600 (voice and TDD). USDA is an equal opportunity provider and employer.



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4-
French Toast Sticks
Fresh Fruit Selection
Assorted Low Sugar Cereal
Variety of Milk

5-
Sausage & Cheese Croissant
Fresh Fruit Selection
Assorted Low Sugar Cereal
Variety of Milk

6-
Sun Butter Bagel Sandwich
Fresh Fruit Selection
Assorted Low Sugar Cereal
Variety of Milk

7-
Jumbo Waffles
Fresh Fruit Selection
Assorted Low Sugar Cereal
Variety of Milk

8-
Scrambled Eggs & Sausage
Fresh Fruit Selection
Assorted Low Sugar Cereal
Variety of Milk

11-
Colby Cheese Omelet
Fresh Fruit Selection
Assorted Low Sugar Cereal
Variety of Milk

12-
Breakfast on a Stick
Fresh Fruit Selection
Assorted Low Sugar Cereal
Variety of Milk

13-
Blueberry & Granola Yogurt Parfait
Fresh Fruit Selection
Assorted Low Sugar Cereal
Variety of Milk

14-
French Toast Sticks
Fresh Fruit Selection
Assorted Low Sugar Cereal
Variety of Milk

15-
Cinnamon Roll
Fresh Fruit Selection
Assorted Low Sugar Cereal
Variety of Milk

18-
Breakfast Pizza
Fresh Fruit Selection
Assorted Low Sugar Cereal
Variety of Milk

19-
Sausage & Cheese Croissant
Fresh Fruit Selection
Assorted Low Sugar Cereal
Variety of Milk

20-
Pancakes
Fresh Fruit Selection
Assorted Low Sugar Cereal
Variety of Milk

21-
Biscuits & Gravy
Fresh Fruit Selection
Assorted Low Sugar Cereal
Variety of Milk

Last Day of
School!!!

Enjoy your Summer!!!

Food Service Director: Emily Forté :: Email: Emily.Forte@sfellc.org :: Phone: (405) 265-1340

Elementary Menu Meal Prices

Paid Lunch \$2.25	Paid Breakfast \$1.10	
Reduced Lunch \$0.40	Reduced Breakfast \$0.30	
Staff/Adult Lunch \$3.25	Staff/Adult Breakfast \$1.75	Milk \$0.50

Daily Offerings
Reduced Fat Milk

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Middle School Lunch Menu



Fresh Fruit & Vegetable Bar Served Daily!

Monday

Tuesday

Wednesday

Thursday

Friday

Join us Tuesday, May 5th for Cinco de Mayo!!!



<p>4- Mini Corn Dogs Chicken Fried Rice Meatlovers Pizza Herb Grilled Chicken Salad Peas & Carrots Fresh Fruit & Veggie Bar Variety of Milk</p>	<p>5- Mexi Beef Crispy Tacos Chicken Quesadilla Spicy Chicken Pizza Refried Beans Fresh Fruit & Veggie Bar Variety of Milk Cinco de Mayo</p>	<p>6- Sloppy Joe Cajun Chicken Jambalaya Florentine Pizza Chicken Garden Salad 5 Way Mixed Veggies Fresh Fruit & Veggie Bar Variety of Milk</p>	<p>7- Chorizo Pork Corn Tacos Lemon Pepper Chicken Pepperoni & Mushroom Pizza Fresh Broccoli Fresh Fruit & Veggie Bar Variety of Milk</p>	<p>8- Sweet & Sour Chicken Chili con Carne Ham & Cheese Pizza Chicken Caesar Salad Corn Fresh Fruit & Veggie Bar Variety of Milk</p>
<p>11- Chili Mac Chicken Carnitas Tacos Beef Taco Pizza Crispy Buffalo Chicken Salad Fresh Broccoli Fresh Fruit & Veggie Bar Variety of Milk</p>	<p>12- Meatball Sub Korean Chicken w/Noodles Buffalo Chicken Pizza Crinkle Cut Carrots Fresh Fruit & Veggie Bar Variety of Milk</p>	<p>13- Grilled Chicken Patty Sandwich Pulled Pork Sandwich Chicken Alfredo Pizza Beef Taco Salad Baked Beans Fresh Fruit & Veggie Bar Variety of Milk</p>	<p>14- Oven Roasted Chicken BBQ Beef Dipper Sliders Hawaiian Pizza Corn Fresh Fruit & Veggie Bar Variety of Milk</p>	<p>15- Chicken Teriyaki Turkey Taco Enchiladas Meatlovers Pizza Thai Chicken Salad Green Peas Fresh Fruit & Veggie Bar Variety of Milk</p>
<p>18- Beef & Bean Burrito Sheperd's Pie Chicken Alfredo Pizza Chicken Garden Salad Peas & Carrots Fresh Fruit & Veggie Bar Variety of Milk</p>	<p>19- BBQ Glazed Chicken Beef LoMein Hawaiian Pizza Fresh Broccoli Fresh Fruit & Veggie Bar Variety of Milk</p>	<p>20- Beef Fingers Fajita Chicken Sandwich Meatlovers Pizza Chicken Caesar Salad Mashed Potatoes Fresh Fruit & Veggie Bar Variety of Milk</p>	<p>21- Mini Corn Dogs Grilled Cheese Sandwich Spicy Chicken Pizza Baked Beans Fresh Fruit & Veggie Bar Variety of Milk</p> <p>Last Day of School!!!</p>	

May 2015

Enjoy your Summer!!!

Food Service Director: Emily Forté :: Email: Emily.Forte@sfellc.org :: Phone: (405) 265-1340

Middle School Menu Meal Prices

Paid Lunch \$2.50	Paid Breakfast \$1.40	
Reduced Lunch \$0.40	Reduced Breakfast \$0.30	
Staff/Adult Lunch \$3.25	Staff/Adult Breakfast \$1.75	Milk \$0.50

Daily Offerings

- Nachos
- Hot Dogs
- Spicy Chicken
- Sandwich
- Hamburger

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Middle School Breakfast Menu



Monday

Tuesday

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Friday

Join us Tuesday, May 5th for
Cinco de Mayo!!!



4-
French Toast Sticks
Fresh Fruit Selection
Assorted Low Sugar Cereal
Variety of Milk

5-
Sausage & Cheese Croissant
Fresh Fruit Selection
Assorted Low Sugar Cereal
Variety of Milk

6-
Sun Butter Bagel Sandwich
Fresh Fruit Selection
Assorted Low Sugar Cereal
Variety of Milk

7-
Jumbo Waffles
Fresh Fruit Selection
Assorted Low Sugar Cereal
Variety of Milk

8-
Scrambled Eggs & Sausage
Fresh Fruit Selection
Assorted Low Sugar Cereal
Variety of Milk

11-
Colby Cheese Omelet
Fresh Fruit Selection
Assorted Low Sugar Cereal
Variety of Milk

12-
Breakfast on a Stick
Fresh Fruit Selection
Assorted Low Sugar Cereal
Variety of Milk

13-
Blueberry & Granola Yogurt Parfait
Fresh Fruit Selection
Assorted Low Sugar Cereal
Variety of Milk

14-
French Toast Sticks
Fresh Fruit Selection
Assorted Low Sugar Cereal
Variety of Milk

15-
Cinnamon Roll
Fresh Fruit Selection
Assorted Low Sugar Cereal
Variety of Milk

18-
Breakfast Pizza
Fresh Fruit Selection
Assorted Low Sugar Cereal
Variety of Milk

19-
Sausage & Cheese Croissant
Fresh Fruit Selection
Assorted Low Sugar Cereal
Variety of Milk

20-
Pancakes
Fresh Fruit Selection
Assorted Low Sugar Cereal
Variety of Milk

21-
Biscuits & Gravy
Fresh Fruit Selection
Assorted Low Sugar Cereal
Variety of Milk

Last Day of
School!!!

Enjoy your Summer!!!

Food Service Director: Emily Forté :: Email: Emily.Forte@sfellc.org :: Phone: (405) 265-1340

Middle School Menu Meal Prices

Paid Lunch \$2.50	Paid Breakfast \$1.40	
Reduced Lunch \$0.40	Reduced Breakfast \$0.30	
Staff/Adult Lunch \$3.25	Staff/Adult Breakfast \$1.75	Milk \$0.50

Daily Offerings
Reduced Fat Milk

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High School Lunch Menu



Fresh Fruit & Vegetable Bar Served Daily!

Monday

Tuesday

Wednesday

Thursday

Friday

Join us Tuesday, May 5th for
Cinco de Mayo!!!



Bistro Bowls

- 1- Meatlovers Pizza
- Thai Chicken Salad
- Green Beans
- Variety of Milk

- 4- Mini Corn Dogs
- Macaroni & Cheese
- Buffalo Chicken Pizza
- Mandarin Chicken Salad
- Corn
- Variety of Milk

- 5- Chicken Burrito Bowl
- Chicken Quesadilla
- Sausage Pizza
- Mediterranean Chicken Salad
- Refried Beans
- Variety of Milk

Cinco de Mayo

Smokehouse

- 6- Ham & Cheese Pizza
- Caribbean Chicken Salad
- 5 Way Mixed Veggies
- Variety of Milk

- 7- Pepperoni & Mushroom Pizza
- BBQ Chicken Salad
- Baked Beans
- Variety of Milk

- 8- BBQ Rib Sandwich
- Sweet & Sour Chicken
- Meatlovers Pizza
- Fajita Chicken Wrap
- Peas & Carrots
- Variety of Milk

- 11- Vegetable Lasagna
- Grilled Chicken Patty Sandwich
- Hawaiian Pizza
- Crispy Chicken Ranch Wrap
- Fresh Broccoli
- Variety of Milk

- 12- Meatball Sub
- Korean Chicken w/Noodles
- Sausage Pizza
- Italian Salad
- Crinkle Cut Carrots
- Variety of Milk

- 13- Fish & Chips
- Chicken Cacciatore
- Florentine Pizza
- Chicken Salad Wrap
- Green Peas
- Variety of Milk

- 14- Breakfast for Lunch
- Beef Enchiladas
- Pepperoni & Mushroom Pizza
- Herb Grilled Chicken Salad
- Hash Brown Sticks
- Variety of Milk

- 15- Sweet & Sour Chicken
- Beef Lasagna
- Meatlovers Pizza
- Southwest Chicken Salad
- 5 Way Mixed Veggies
- Variety of Milk

- 18- Patty Melt
- Chicken Pot Pie
- BBQ Chicken Pizza
- Chicken Garden Salad
- Green Beans
- Variety of Milk

- 19- Chicken Fried Rice
- Southwest Chicken Flatbread
- Sausage Pizza
- Chicken Caesar Salad
- Fresh Broccoli
- Variety of Milk

- 20- Tater Tot Casserole
- Rotisserie Chicken
- Ham & Cheese Pizza
- Chicken Taco Salad
- 5 Way Mixed Veggies
- Variety of Milk

- 21- Grilled Cheese Sandwich
- Orange Chicken
- Pepperoni & Mushroom
- Crispy Buffalo Chicken Salad
- Tater Tots
- Variety of Milk

Last Day of School!!!

Enjoy your Summer!!!

Food Service Director: Emily Forté :: Email: Emily.Forte@sfecc.org :: Phone: (405) 265-1340

High School Menu Meal Prices

Paid Lunch \$2.55	Paid Breakfast \$1.50	
Reduced Lunch \$0.40	Reduced Breakfast \$0.30	
Staff/Adult Lunch \$3.25	Staff/Adult Breakfast \$1.75	Milk \$0.50

Daily Offerings

- Nachos
- Tacos
- Spicy Chicken Sandwich
- Cheeseburger
- Popcorn Chicken

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May 2015



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Cinco de Mayo!!!



4-
French Toast Sticks
Colby Cheese Omelet
Fresh Fruit Selection
Assorted Low Sugar Cereal
Variety of Milk

5-
Oatmeal w/Toppings Bar
Sausage & Cheese Croissant
Fresh Fruit Selection
Assorted Low Sugar Cereal
Variety of Milk

6-
Jumbo Waffles
Biscuits & Gravy
Fresh Fruit Selection
Assorted Low Sugar Cereal
Variety of Milk

7-
Egg & Cheese Burrito
Egg, Sausage & Cheese Burrito
Fresh Fruit Selection
Assorted Low Sugar Cereal
Variety of Milk

1-
Cinnamon Roll
Breakfast on a Stick
Fresh Fruit Selection
Assorted Low Sugar Cereal
Variety of Milk

11-
Egg, Ham, Potato & Cheese Bowl
Colby Cheese Omelet
Fresh Fruit Selection
Assorted Low Sugar Cereal
Variety of Milk

12-
Scrambled Eggs & Sausage
Sausage & Cheese Croissant
Fresh Fruit Selection
Assorted Low Sugar Cereal
Variety of Milk

13-
Blueberry & Granola Yogurt Parfait
Biscuits & Gravy
Fresh Fruit Selection
Assorted Low Sugar Cereal
Variety of Milk

14-
Egg, Ham & Cheese Burrito
Egg, Sausage & Cheese Burrito
Fresh Fruit Selection
Assorted Low Sugar Cereal
Variety of Milk

15-
Cinnamon Roll
Breakfast on a Stick
Fresh Fruit Selection
Assorted Low Sugar Cereal
Variety of Milk

18-
Breakfast Pizza
Colby Cheese Omelet
Fresh Fruit Selection
Assorted Low Sugar Cereal
Variety of Milk

19-
Pancakes
Sausage & Cheese Croissant
Fresh Fruit Selection
Assorted Low Sugar Cereal
Variety of Milk

20-
Breakfast Casserole
Biscuits & Gravy
Fresh Fruit Selection
Assorted Low Sugar Cereal
Variety of Milk

21-
Egg & Cheese Burrito
Egg, Sausage & Cheese Burrito
Fresh Fruit Selection
Assorted Low Sugar Cereal
Variety of Milk

Last Day of
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